



National Nutrient Database for Standard Reference

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Statistics Report 01229, Cheese, white, queso blanco

Report Date: July 11, 2017 15:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	48.70	6	1.760	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Energy	kcal	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Energy	kJ	1299	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein ¹	g	20.38	6	0.678	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Total lipid (fat) ¹	g	24.31	6	1.741	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Ash ¹	g	4.07	6	0.235	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carbohydrate, by difference	g	2.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Sugars, total ¹	g	1.76	6	0.457	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Sucrose ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fructose ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lactose ¹	g	1.60	6	0.548	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Maltose ¹	g	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Galactose ¹	g	0.16	6	0.104	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Minerals													
Calcium, Ca ¹	mg	690	6	20.775	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Iron, Fe ¹	mg	0.18	6	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Magnesium, Mg ¹	mg	29	6	1.087	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Phosphorus, P ¹	mg	467	6	11.785	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Potassium, K ¹	mg	126	6	13.541	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

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Sodium, Na ¹	mg	704	6	67.985	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn ¹	mg	3.06	6	0.167	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Copper, Cu ¹	mg	0.025	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Manganese, Mn ¹	mg	0.021	6	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Selenium, Se ¹	µg	13.8	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamins													
Thiamin ¹	mg	0.048	6	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Riboflavin ¹	mg	0.230	6	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Niacin ¹	mg	0.035	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Pantothenic acid ¹	mg	0.397	6	0.020	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin B-6 ¹	mg	0.086	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total ¹	mg	15.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine ¹	mg	0.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-12 ¹	µg	1.75	6	0.145	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, RAE	µg	157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Retinol ¹	µg	155	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, beta ¹	µg	23	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, alpha ¹	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Cryptoxanthin, beta ¹	µg	2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, IU	IU	555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Lycopene ¹	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin 1	µg	3	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E (alpha-tocopherol) 1	mg	0.47	6	0.022	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, beta 1	mg	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, gamma 1	mg	0.04	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, delta 1	mg	0.00	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin D (D2 + D3) 1	µg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D3 (cholecalciferol) 1	µg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D 1	IU	27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin K (phylloquinone) 1	µg	1.6	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lipids													
Fatty acids, total saturated	g	13.661	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0 1	g	0.518	6	0.037	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
6:0 1	g	0.421	6	0.034	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
8:0 1	g	0.250	6	0.021	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
10:0 1	g	0.574	6	0.049	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
12:0 1	g	0.650	6	0.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
14:0 1	g	2.195	6	0.182	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:0 1	g	0.226	6	0.019	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:0 1	g	6.048	6	0.490	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:0 1	g	0.144	6	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:0 1	g	2.567	6	0.189	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 ¹	g	0.035	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:0 ¹	g	0.012	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:0 ¹	g	0.008	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total monounsaturated	g	6.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
14:1 ¹	g	0.177	6	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:1 ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 undifferentiated ¹	g	0.444	6	0.033	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 c ¹	g	0.366	6	0.028	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 t ¹	g	0.078	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:1 ¹	g	0.049	6	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	5.741	6	0.396	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 c ¹	g	5.099	6	0.359	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 t ¹	g	0.642	6	0.042	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:1 ¹	g	0.041	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 undifferentiated ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 c ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 t ¹	g	0.000	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:1 c ¹	g	0.003	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total polyunsaturated	g	1.149	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
18:2 undifferentiated ¹	g	0.922	6	0.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c ¹	g	0.610	6	0.046	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 CLAs ¹	g	0.142	6	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 t not further defined ¹	g	0.170	6	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 undifferentiated ¹	g	0.113	6	0.015	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.105	6	0.015	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-6 c,c,c ¹	g	0.009	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:4 ¹	g	0.006	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:2 n-6 c,c ¹	g	0.007	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 undifferentiated ¹	g	0.028	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 n-6 ¹	g	0.026	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.036	6	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:5 n-3 (EPA) ¹	g	0.009	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:4 ¹	g	0.008	6	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:5 n-3 (DPA) ¹	g	0.016	6	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:6 n-3 (DHA) ¹	g	0.002	6	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total trans	g	0.890	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fatty acids, total trans-monoenoic	g	0.719	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Cholesterol ¹	mg	70	6	4.516	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD